



# GATHERING WORKSHOP

*CAPS invites you to gather and engage in a discussion-based workshop focused on building community around the adjustments of this semester*

## PAUSE | REFLECT | REDEFINE | RECOVER

- **Pause** and acknowledge what this past year and a half has been like
- Take time to **reflect** on these experiences
- Take stock of what we can do to **redefine** this current experience
- Identify an action step that each of us can take to move towards some semblance of **recovery**

Thursday, 10/14

5:30pm-7:00pm LC 03C

Wednesday, 10/20

5:30pm-7:00pm Assembly Hall

SPOTS WILL BE LIMITED

REGISTER HERE:

